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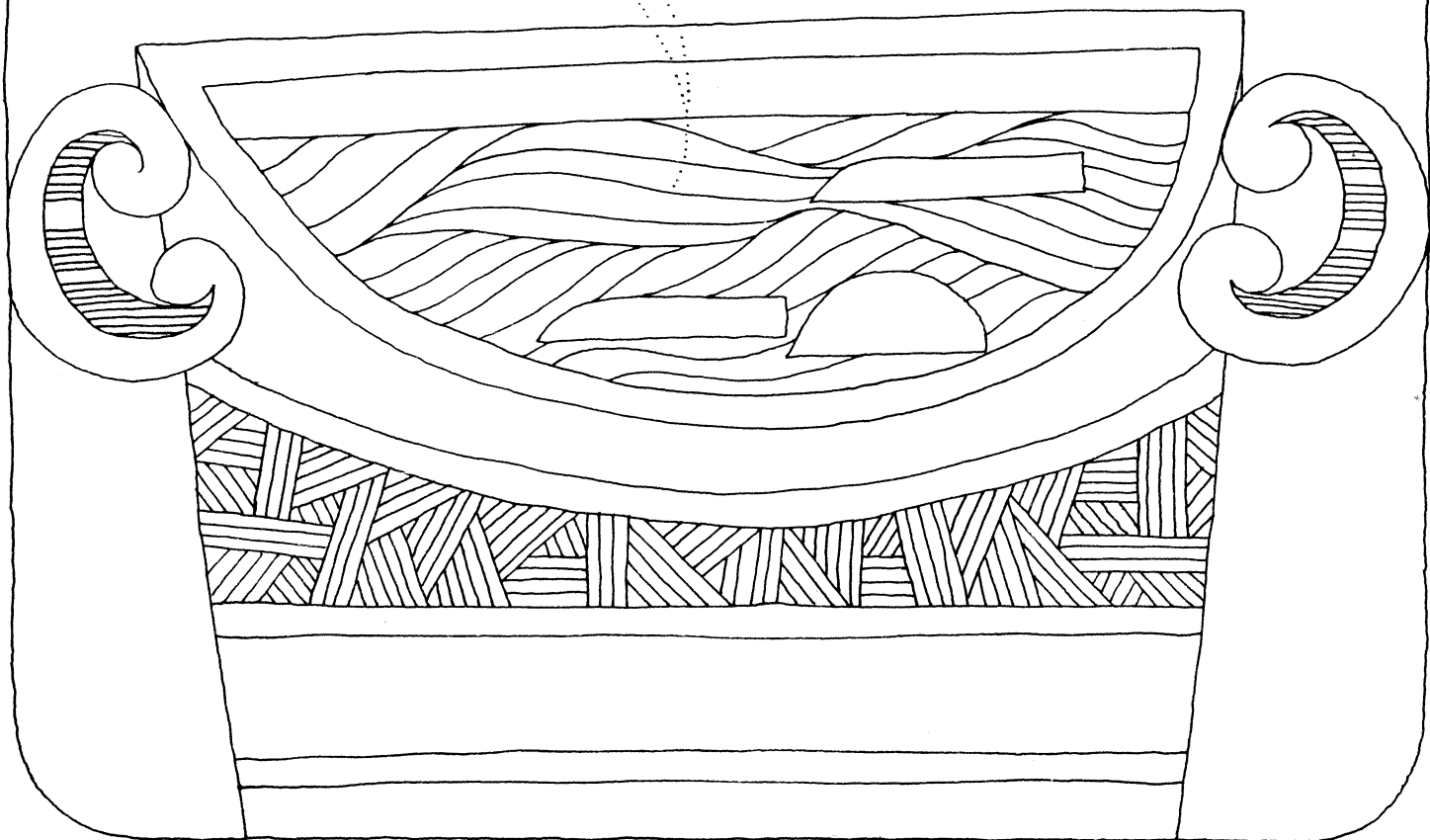
# FOOD GUIDE FOR OLDER FOLKS

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Conserving the Nutritive Value of Foods .....	G 90
Keeping Food Safe to Eat .....	G 162

## CONTENTS

	Page
A daily food guide .....	1
Milk group .....	1
Vegetable-fruit group .....	2
Meat group .....	2
Bread-cereal group .....	3
Other foods .....	3
Putting the food guide to work .....	3
Buying food .....	7
Budget wisdom .....	7
Grocery shopping .....	8
Food stamps .....	8
Saving time and energy .....	8
Easy cooking .....	8
Easy serving .....	9
Eating with others .....	9
Using simple equipment .....	9
Recipes .....	9
Index to recipes .....	19

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# FOOD GUIDE FOR OLDER FOLKS



Eating good food is one of the great pleasures in life. Whether we are eight or eighty, good food is something to enjoy—a holiday meal, a birthday cake, a tasty snack with friends, or dinner at home.

Food plays an important part in our lives. Eating an assortment of food in reasonable amounts does double duty—it adds to the joy of living, and it works to promote good health and normal weight. This feeling of well-being helps us meet each day rested, alert, and ready to cope with whatever the day brings.

As we grow older, our needs for some of the nutrients in food and for food energy (calories) change. Babies, children, and adolescents

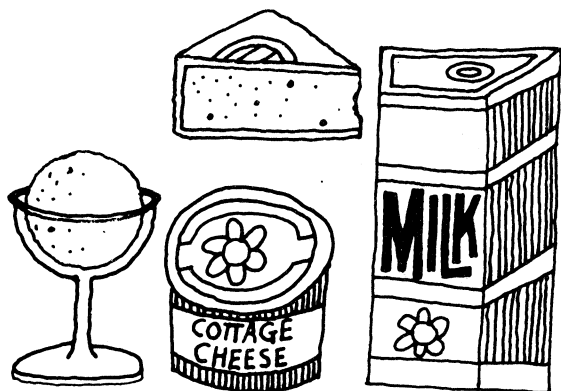
need food for growth, for maintenance of body processes, and for energy to work and play. Adults need food to keep healthy and to provide energy for work and other activities; adults need nutrients and food energy just as younger people do, but in different amounts.

From the abundance and variety of food in the United States, we can choose many combinations that will lead to a nutritious diet. Nutritionists have developed simple food guides to help people make good choices whether they eat at home or eat out.

You can get the kinds of food that make up nutritious meals by using the simple food guide on the following pages.

## A DAILY FOOD GUIDE

### Milk group



Milk is our leading source of calcium, which is needed for bones and teeth. Milk also provides protein, riboflavin, vitamin A, and many other nutrients.

#### Foods included

Milk: fluid whole, skim, lowfat, evaporated, dry, and buttermilk.

Milk alternates on the basis of calcium content are:

Cheddar-type cheese, 1-inch cube =  $\frac{1}{2}$  cup milk

Cream cheese, 2 tablespoons = 1 tablespoon milk

Cottage cheese,  $\frac{1}{2}$  cup =  $\frac{1}{3}$  cup milk

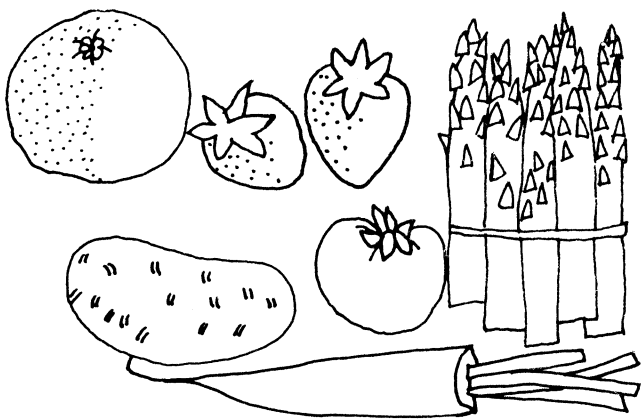
Ice cream,  $\frac{1}{2}$  cup =  $\frac{1}{4}$  cup milk

Ice milk,  $\frac{1}{2}$  cup =  $\frac{2}{5}$  cup milk

### Amounts recommended

Use 2 or more cups of milk or the equivalent in a milk alternate, every day.

## Vegetable-fruit group



Vegetables and fruits are valuable chiefly because of the vitamins and minerals they contain. The guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is needed for growth, normal vision, and healthy condition of the skin.

### Foods included

All vegetables and fruits.

### Sources of vitamin C

Cantaloup, grapefruit or grapefruit juice, guava, honeydew melon, lemon, mango, orange or orange juice, papaya, raw strawberries, tangerine or tangerine juice, watermelon, asparagus tips, broccoli, brussels sprouts, collards, garden cress, green pepper, kale, kohlrabi, mustard greens, potato and sweet potato cooked in the jacket, raw cabbage, spinach, sweet red pepper, tomato or tomato juice, turnip greens.

### Sources of vitamin A

Apricots, broccoli, cantaloup, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweet potato, turnip greens, winter squash, and other dark green leaves.

### Amounts recommended

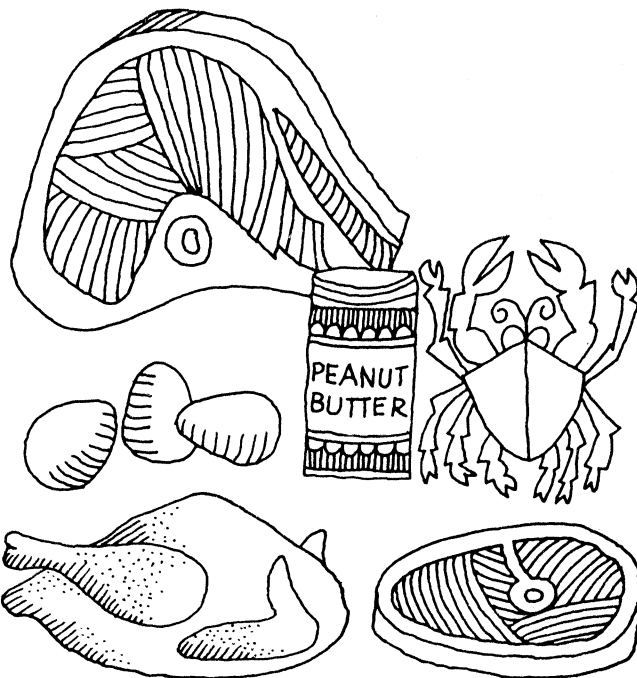
Choose 4 or more servings daily including:  
1 serving of a source of vitamin C.

1 serving, at least every other day, of a source of vitamin A. If the food chosen for vitamin C is also a source of vitamin A, the additional serving of a vitamin A food may be omitted.

2 or more servings of any vegetable or fruit, including those that are valuable for vitamin C and vitamin A.

Count as a serving:  $\frac{1}{2}$  cup of vegetables or fruit; or a portion as ordinarily served, such as one medium apple, banana, orange, or potato, half a medium grapefruit or cantaloup, or the juice of one lemon.

## Meat group





Foods in this group are valued for their protein, which is needed for growth and repair of muscle, organs, blood, skin, and hair. These foods also provide iron, thiamin, riboflavin, niacin, and several other nutrients.

#### **Foods included**

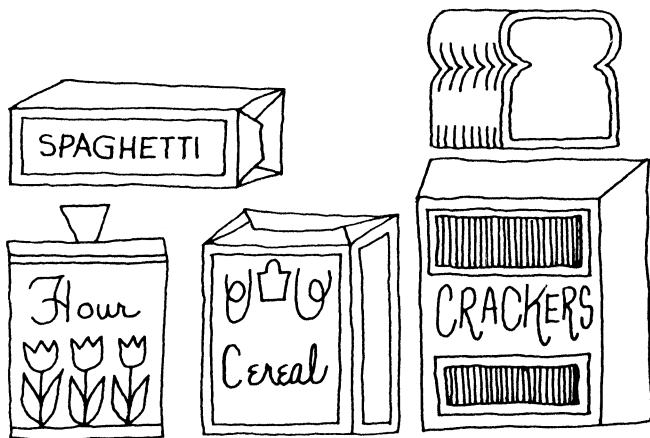
Beef, veal, lamb, pork, organ meats such as liver, heart, and kidney; poultry and eggs; fish and shellfish; meat alternates—dry beans, dry peas, lentils, and peanut butter.

#### **Amounts recommended**

Choose 2 or more servings every day.

Count as a serving: 2 to 3 ounces (without bone) of lean cooked meat, poultry, or fish. Equivalent in protein to 2 ounces meat are 2 eggs; 1 cup cooked beans, dry peas, or lentils; 4 tablespoons peanut butter.

### **Bread-cereal group**



Foods in this group furnish worthwhile amounts of protein, iron, several of the B-vitamins, and food energy.

#### **Foods included**

All breads and cereals that are whole grain, enriched, or restored. Check labels to be sure.

This group includes: breads, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni, spaghetti, noodles, rice, rolled oats, parboiled rice and wheat, and quick breads and other baked goods if made with whole grain or enriched flour.

Check labels to be sure products are whole grain, enriched, or restored.

#### **Amounts recommended**

Choose 4 or more servings daily. If no cereals are chosen, have an extra serving of breads or baked goods.

Count as a serving: 1 slice of bread; 1 ounce ready-to-eat cereal;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

### **Other foods**

To round out meals and meet energy needs, almost everyone will use some foods not specified in the four food groups. Such foods include unenriched, refined breads, cereals, flours; sugars; and butter, margarine, and other fats. These may be ingredients in a recipe or added to other foods during preparation or at the table.

Try to include some vegetable oil among the fats used.

## **PUTTING THE FOOD GUIDE TO WORK**

Plan your meals to suit your needs and desires. Three meals a day isn't the only way to get the nutrients you need. You may prefer a light breakfast, a light lunch, an afternoon snack, a heavier dinner, and an evening snack. As long as you get the specified number of serv-

ings from each of the food groups in the course of the day, you will have a good nutritional foundation. Add other foods and additional servings from the four groups to round out your meals and to meet calorie and nutrient needs.

You need enough calories to maintain your body weight at a level most favorable to health and well-being.

A day's choices might include—

### *Breakfast*

Cooked prunes  
Puffed rice with milk  
Toast-spread  
Coffee or tea

### *Midday meal*

Chicken a la king  
Parsley potato  
Asparagus  
Chocolate pudding (recipe, p. 18)

### *Evening meal*

Cream of pea soup  
Tuna sandwich Celery sticks  
Crushed pineapple

### *Snack*

Oatmeal-raisin cookie  
Milk

Checking with the food guide, we see that the menu satisfies guide recommendations:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
With cereal	1/2 cup	Prunes
In pudding	1/2 cup	Potato
In soup	1/2 cup	Asparagus
As beverage	1 cup	Pineapple
		Celery sticks
<i>Meat or alternate</i>		<i>Bread- cereal</i>
Tuna		Puffed rice
Chicken		1 slice toast
		2 slices bread

If you prefer meals without milk as a beverage, you might choose—

### *Breakfast*

Orange  
Wheat flakes with milk  
Toast-spread  
Coffee or tea

### *Midday meal*

Glazed ham logs (recipe, p. 12)  
Escaloped potatoes Peas  
Bread-spread  
Coconut cream pie

### *Evening meal*

Hard-cooked eggs with cheese sauce  
(recipe, p. 15)  
Toast-spread  
Broiled tomato Carrot sticks  
Gingerbread

The menu satisfies guide recommendations as follows:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
With cereal	1/2 cup	Orange
In escaloped potatoes	1/2 cup	Potatoes
In pie	1/2 cup	Peas
As cheese sauce	1/2 cup	Broiled tomato
		Carrot sticks
<i>Meat or alternate</i>		<i>Bread- cereal</i>
Glazed ham logs		Wheat flakes
Hard-cooked eggs		2 slices toast
		1 slice bread

If you enjoy stews or casseroles, the guide still works—

### *Breakfast*

Tomato juice  
Poached egg Toast  
Coffee

### *Midday meal*

Lamb stew Cole slaw  
Bread-spread  
Caramel pudding (recipe, p. 18)  
Tea

### *Evening meal*

Ham logs sandwich Sweet pickles  
Tomato-cucumber salad  
Banana with milk  
Molasses or ginger cookie  
Coffee or tea

### *Snack*

Cinnamon toast

Milk

The menu satisfies guide recommendations as follows:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
In pudding	1/2 cup	Tomato juice
With banana	1/2 cup	Cole slaw
As beverage	1 cup	Vegetables in stew
		Tomato-cucumber salad
		Banana

<i>Meat or alternate</i>		<i>Bread- cereal</i>
Lamb		2 slices toast
Poached egg		3 slices bread
Ham logs		

Plan today's menu with tomorrow's leftovers in mind—

### *Breakfast*

Prune juice  
French toast with powdered sugar  
Coffee

### *Midday meal*

Meat loaf (recipe, p. 11)  
Au gratin potatoes      Broccoli  
Cornbread-spread  
Instant butterscotch pudding  
Tea

### *Evening meal*

Salmon salad  
Tomato-green pepper salad  
Bread-spread  
Apricots  
Milk

### *Snack*

Toast  
Tea

The menu satisfies guide recommendations as follows:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
In french toast	1/4 cup	Prune juice
As cheese in au gratin		Potatoes
potatoes	1/2 cup	Broccoli
In pudding	1/2 cup	Tomato-green pepper salad
As beverage	1 cup	Apricots

<i>Meat or alternate</i>		<i>Bread- cereal</i>
Meat loaf		French toast
Salmon		Cornbread
		1 slice bread
		1 slice toast

Next day, use leftovers (\*starred)—

### *Breakfast*

Orange juice  
Cheese omelet  
\*Toasted cornbread  
Coffee

### *Midday meal*

Ham divan  
(\*Broccoli, ham, cream of chicken soup)  
Roll  
\*Butterscotch pudding  
Tea

### *Evening meal*

\*Meat loaf sandwich      Dill pickle  
Tossed salad  
\*Apricots with custard sauce  
Tea

### *Snack*

Hot chocolate

The menu satisfies guide recommendations as follows:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
As cheese in omelet	1/4 cup	Orange juice
In pudding	1/2 cup	Broccoli
In custard		Tossed salad
sauce	1/4 cup	Apricots
In hot chocolate	1 cup	

<i>Meat or alternate</i>	<i>Bread- cereal</i>
Ham	Toasted cornbread
Meat loaf	Roll
Egg	2 slices bread

You can have meatless days and still follow the guide—

#### *Breakfast*

Tangerine  
Scrambled eggs  
Toast-spread  
Coffee

#### *Midday meal*

Macaroni and cheese (recipe, p. 13)  
Brussels sprouts  
Orange-grapefruit salad      French dressing  
Bread-spread  
Tapioca pudding

#### *Evening meal*

Fish chowder (recipe, p. 10)  
Carrot and raisin salad  
Bread-spread  
Apple crisp  
Milk

#### *Snack*

Toast  
Tea

The menu satisfies guide recommendations as follows:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
As cheese with macaroni	1/2 cup	Tangerine
In pudding	1/2 cup	Brussels sprouts
As beverage	1 cup	Orange-grapefruit salad
		Carrot and raisin salad
		Apple crisp

<i>Meat or alternate</i>	<i>Bread- cereal</i>
Eggs	2 slices toast
Fish	Macaroni
	2 slices bread

The guide is easy to use even with three meals and three snacks—

#### *Breakfast*

Grapefruit sections  
Raisin toast-spread  
Coffee with milk

#### *Mid-morning*

Shredded wheat with milk

#### *Midday meal*

Barbecued pork chop (recipe, p. 11)  
Baked potato      Spinach  
Bread-spread  
Fresh peach  
Iced Tea

#### *Mid-afternoon*

Ice cream

#### *Evening meal*

Creamed dried beef on toast (recipe, p. 12)  
Waldorf salad  
Hot tea

#### *Evening snack*

Cheese and crackers

The menu satisfies guide recommendations as follows:

<i>Milk or alternate</i>		<i>Vegetable- fruit</i>
In coffee	1/4 cup	Grapefruit
With cereal	1/2 cup	Potato
As ice cream	1/4 cup	Spinach
In creamed		Peach
beef	1/2 cup	Waldorf salad
As cheese	1/2 cup	
<i>Meat or alternate</i>		<i>Bread- cereal</i>
Pork chop		Raisin toast
Dried beef		Shredded wheat
		1 slice bread
		1 slice toast

### *Modification of the Guide is Possible*

If your physician has advised a lowfat, low-cholesterol diet, you usually can still follow the food guide with the following modifications:

1. Use skim or lowfat milk, cheese, and other dairy products.
2. Limit eggs to about three a week.
3. Use more poultry and fish and rely less on beef, pork, and organ meats.
4. Trim all visible fat from meats and skin from poultry.
5. Use more vegetable oils and some soft margarines, and rely less on other fats.
6. Bake, broil, and stew foods rather than fry them.

## BUYING FOOD

Food can be purchased in many forms—in bulk form or packaged; fresh, frozen, canned, dried, dehydrated, or freeze-dried; partially or fully prepared; and even pre-portioned. Choose your food to meet your various needs and desires.

### **Budget wisdom**

Partially prepared or fully prepared foods usually cost more than similar foods prepared at home. However, to prepare some recipes, so much food must be purchased that unused portions stored for later use are often eventually discarded. Therefore, it may cost less in the long run to pay a little more for a convenient amount of a prepared or partially prepared product. You can sometimes save money, as well as add variety to meals, if you buy small amounts of foods that are available in cans. Also, try using baby and junior foods in recipes that call for small amounts of a vegetable or fruit.

Here are other ways to get the most for your money:

*Milk.*—Nonfat dry milk, reconstituted, is less expensive than fluid milk. It also has fewer calories than whole milk, can be reconstituted in small amounts, and takes little storage space in its dry form. If you enjoy the flavor and consistency of fluid whole milk, try mixing equal portions of reconstituted nonfat dry milk and fluid whole milk. This will still be less expensive than fluid whole milk, and most people like the taste.

*Meat.*—Select cuts and types of meat, poultry, and fish that provide the most servings of cooked lean food for the money spent. For example, cuts with much bone, gristle, or fat (such as spareribs) give only about half as much cooked lean meat per pound of the purchased quantity as cuts with little or no fat or bone (such as round steak). Get food value, as well as economy, by using leftover meat and fish in casseroles, salads, sandwiches, soups, and as a flavoring for cooked vegetables.

*Bread-cereal.*—Whole grain or enriched products are notably more nutritious than unenriched products, but not necessarily more expensive. Most white bread is enriched; spe-

cialty breads—such as french, italian, and raisin—are often not enriched. Check the wrapper or ask the baker to be sure. Ready-to-serve cereals in multipacks of individual boxes may cost two or three times as much per ounce as the same cereal in a larger box. Cereals you cook yourself are usually less expensive than the ready-to-eat cereals.

*Vegetable-fruit.*—Vegetables and fruits can be purchased fresh, frozen, canned, dried, or dehydrated. Select on the basis of cost per serving in the form that can be purchased in manageable amounts.

For additional information, see Home and Garden Bulletin 183, "Your Money's Worth in Food." Send your request to the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. Please include your ZIP Code.

### Grocery shopping

Whether you do your own grocery shopping or have someone do it for you, it is wise to plan ahead.

When you are ready to shop, consult your menus and check the supplies on hand in your cupboard, refrigerator, and freezer. Then purchase only what you need or can easily store.

Try to choose a grocery store that is clean, that stocks a good variety of foods, and whose prices are in line with other stores. Supermarkets and large chain stores can often afford to offer lower prices than small independent stores but may not give the personal service that many small stores do. If shopping is difficult, it might be wise to have groceries delivered even if you have to pay for this service.

### Food stamps

If funds are severely limited, inquire whether you are eligible to buy food stamps under the USDA Food Stamp Plan. The purchasing power of food stamps is greater than the price you pay for them. Information about this program is available through your local welfare office. However, you don't have to be on welfare to be eligible for food stamps.

## SAVING TIME AND ENERGY

Many retired persons are actively engaged in all sorts of projects. They may find themselves in a position where time and energy must be budgeted. Others, like some people of all ages, may have physical problems that require conservation of energy and limitation of activity.

### Easy cooking

*Use shortcuts.* A frozen dinner or canned or frozen main dishes and vegetables are easy to prepare. Serve with fruit or juices, milk, and fresh or frozen baked goods to make a complete meal. These foods are satisfying, can be purchased in usable amounts and can give good nutritional value for the little time and energy needed to prepare them.

*Avoid a last minute rush.* Meal preparation is less tiring when some of the food is partly or fully prepared in advance. For instance,

you can make dry mixes for quick breads, cakes, and puddings ahead of time; they keep well and can be measured out and used at your convenience. Recipes for dry mixes begin on page 15.

*Try combination dishes.* Many canned and packaged foods can be combined with other foods to make appetizing dishes that are easily prepared. Here are some combinations that can be changed to use foods you have on hand:

- Use canned tomato soup, undiluted, as a sauce over meatballs or with quick-cooking rice to make spanish rice.

- Melt processed cheese over asparagus or broccoli, or blend cheese with a white sauce (seasoned with a little mustard) and serve on toast or crackers.

- Form canned corned beef hash into patties, top with a slice of pineapple, and grill.

- Combine ground meat, tuna, cut-up cooked chicken or ham, dried beef, or frankfurters

with canned macaroni and cheese or with spaghetti in tomato sauce. Bake to blend the flavors.

- Add chopped onion and green pepper to tuna or chicken and combine with condensed chicken soup, undiluted. Top with an unbaked baking powder biscuit and bake until heated through or biscuit is brown.

*Let the oven help.* Use the oven, if you have one, to make cooking easier. As a rule, food in the oven takes less watching than food on top of the range; often an entire meal can be cooked at the same time.

*Freezing helps too.* If you have a freezer or a frozen food compartment in your refrigerator, keep commercially frozen food on hand or freeze your own food—uncooked or cooked—for later use.

### Easy serving

If setting a table for one or two seems too much trouble, look for ways to make eating time comfortable and interesting with the least possible effort.

Use pretty placemats—they're less bother than a tablecloth. Lightweight trays in convenient sizes are step-saving. Use a tray to collect silver, food, and other things that go on the table. A cart or small table, mounted on casters, is another worksaver.

Or, put a mat on a tray and serve the meal on the tray. Meals on trays can be carried to a table or chair by the window, by television, or out on the porch or lawn where you are more likely to eat slowly and enjoy your meal.

### Eating with others

In many communities, meals are available to older people at community centers, churches, or schools. Community centers and churches sometimes offer interesting activities for older people as well as reasonably priced meals. Find out about such community programs. A call to your local health department, hospital, Young Men's or Young Women's Christian Association, or the church of your choice will usually give you this information.

## USING SIMPLE EQUIPMENT

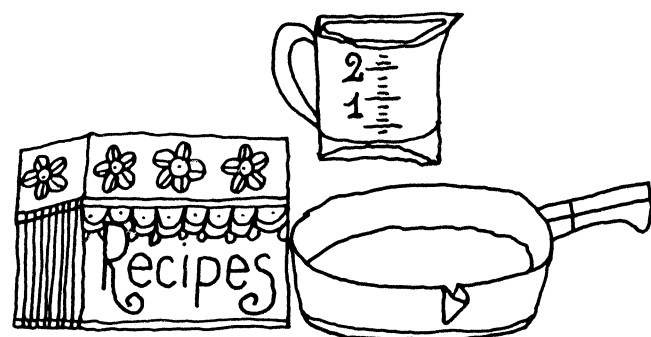
The recipes that follow can be prepared with a minimum of equipment. If you don't have a range, you can cook with a hot plate and a toaster oven (or similar electric appliance).

A cast-iron frypan or skillet can be used both on the hot plate or range and as a roast

pan in the oven. Saucepans with metal- or heat-resistant handles can also be used either in the oven or over direct heat. Custard cups can double for muffin or cupcake tins.

Even with limited equipment, you can cook tasty meals that are well balanced and varied.

## RECIPES



Some of the recipes use ground or chopped foods. Persons who have difficulty chewing will find such foods a tasty and attractive addition to menus. Also, there are some recipes that will appeal particularly to those who are eating as they did when younger.

Fluid skim milk made from nonfat dry milk can be used in the recipes that call for milk.

Because flour is sifted in processing, it is not necessary to sift in preparing these recipes.

Dehydrated vegetable flakes may be used for flavoring in place of fresh vegetables in equivalent amounts as follows:

<i>Vegetable</i>	<i>Dehydrated flakes</i>	<i>Fresh</i>
Onion	1 tablespoon	= 1/4 cup, chopped.
Onion	2 tablespoons	= 1 medium-size.
Celery	1 tablespoon	= 1/2 medium-size stalk.
Pepper, green or red	1 tablespoon	= 1/4 cup, chopped.
Parsley	1 teaspoon	= 2 sprigs.

*Get variety into your meals.* When you cook, keep recipes and ideas handy to quickly remind you that there is more than one way to combine, cook, and season. By all means, try something new now and then.

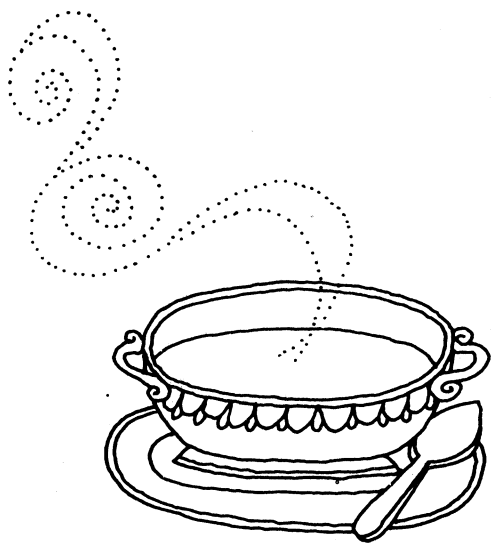
The following recipes have been adapted to produce small amounts.

Mix ingredients except croutons and paprika. Cook over moderate heat, stirring occasionally, until flavors are blended.

Garnish with croutons or paprika, if desired.

NOTE: Chopped cooked broccoli may be used in place of spinach.

## Soup and Chowder



## New England fish chowder

*3 servings, about 1 cup each*

Fish fillets, fresh	
or frozen .....	1/2 pound
Bacon or salt pork,	
diced .....	2 tablespoons
Onion, chopped .....	1/4 cup
Potatoes, diced .....	1 1/4 cups
Boiling water .....	3/4 cup
Salt .....	1/2 teaspoon
Pepper .....	Few grains
Milk .....	1 cup
Butter or margarine .....	1 teaspoon
Chives, celery tops, or parsley,	
chopped .....	As desired

Thaw fillets, if frozen; remove any skin or bones.

Cut fish into 1-inch pieces.

Fry bacon or salt pork until crisp; add onion and cook until onion is clear but not brown. Drain off fat.

Add fish, potatoes, water, and seasonings to meat.

Cover and simmer until potatoes are tender, about 15 to 20 minutes.

Add milk and fat; reheat.

Garnish with chopped chives, celery tops, or parsley.

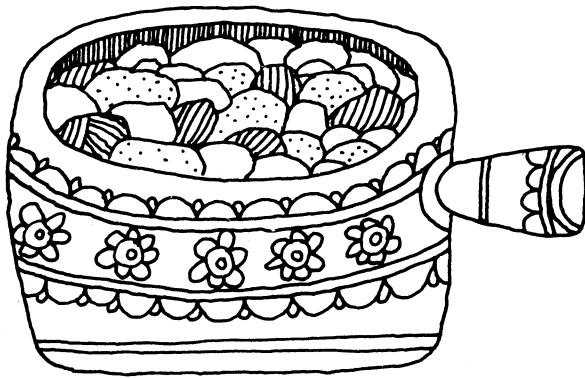
## Spinach soup

*2 servings, about 1 1/3 cups each*

Spinach, cooked,	
chopped .....	1/3 cup
Cream of chicken soup,	
condensed .....	10 1/2-ounce can
Milk .....	1 1/3 cups
Salt .....	Few grains
Pepper .....	Few grains
Croutons .....	As desired
Paprika .....	As desired



## Main Dishes



### Baked beef-rice scallop

*2 servings, about 1 cup each*

Rice, cooked .....	½ cup
Leftover roast beef, chopped .....	½ cup
Milk .....	½ cup
Egg, beaten .....	1
Beef drippings or margarine .....	1 tablespoon
Onion, chopped .....	1 teaspoon
Salt .....	½ teaspoon
Pepper .....	Few grains

Mix all ingredients.

Place in a small greased casserole.

Bake at 350° F. (moderate oven) for 40 minutes.

### Pork and turnips

*2 servings*

Pork chops, lean .....	2
Shortening .....	1 tablespoon
Turnips, young, sliced .....	4 small
Onion, sliced .....	½ medium-size
Cream of mushroom soup, condensed .....	10½-ounce can
Milk .....	⅓ cup
Salt .....	Few grains
Pepper .....	Few grains

Brown pork chops in fat.

Place a layer of turnip slices in baking pan.

Place chops over turnips and top with a layer of sliced onions.

Combine soup, milk, and seasonings; pour over the onions.

Bake at 350° F. (moderate oven) until chops are tender, about 1 hour.

## Meat loaf (all beef)

*5-6 servings*

Ground beef, lean .....	1 pound
Onion, chopped .....	2 tablespoons
Tomatoes, stewed .....	¾ cup or 8-ounce can
Bread crumbs, soft .....	½ cup
Eggs, beaten .....	1
Salt .....	½ teaspoon
Pepper .....	Few grains
Flour .....	1 tablespoon
Bacon .....	2 slices

Mix all ingredients except flour and bacon.

Press into an 8- by 4- by 3-inch loaf pan or shape into loaf.

Sprinkle flour over meat and top with bacon slices.

Bake uncovered at 350° F. (moderate oven) for 1¼ hours.

Remove from oven; drain off excess fat.

### Barbecued pork chops

*2 servings*

#### *Pork chops*

Pork chops, lean, 1-inch thick .....	2
Flour .....	1 teaspoon
Salt .....	Few grains
Pepper .....	Few grains
Shortening .....	1 tablespoon

#### *Barbecue sauce*

Tomato paste .....	¼ cup
Vinegar .....	1½ tablespoons
Brown sugar .....	2 tablespoons
Allspice .....	¼ teaspoon
Cloves .....	¼ teaspoon

Coat chops with the flour that has been mixed with seasonings.

Brown chops in fat.

Place in baking pan or casserole.

Mix sauce ingredients; cook over low heat for 2 minutes.

Pour sauce over the chops.

Bake uncovered at 350° F. (moderate oven) until chops are tender, about 1 hour.

NOTE: Chops may be cooked on top of range.

## Glazed ham logs

4 servings, 2 ham logs each

### Glaze

Brown sugar .....	1/3 cup, packed
Vinegar .....	2 tablespoons
Water .....	2 tablespoons
Dry mustard .....	1/4 teaspoon

### Ham logs

Cured ham, uncooked, ground .....	1/2 pound
Fresh pork, ground .....	1/2 pound
Bread crumbs, fine, dry .....	1/4 cup
Egg, beaten .....	1
Milk .....	1/3 cup

Combine all ingredients for glaze.

Boil 2 minutes; set aside.

Mix ingredients for ham logs.

Shape into eight 2-inch logs and place in a baking pan.

Pour half the glaze over ham logs.

Bake at 350° F. (moderate oven) for 25 to 30 minutes.

Add remaining glaze and bake 20 minutes longer until golden brown.

NOTE: If desired, baked glazed ham logs may be frozen.

## Ham-vegetable casserole

4 servings, about 1 cup each

Cream of chicken soup, condensed ..	10 1/2-ounce can
Chicken, canned, chopped .....	5-ounce can
Ham, cooked, diced .....	1/2 cup
Pearl onions, canned .....	8 1/4-ounce can
Baby carrots, canned .....	7 1/2-ounce can
Asparagus, green, cut, canned .....	8 1/4-ounce can
Bread crumbs, fine, dry .....	1/4 cup
Butter or margarine, melted .....	1 tablespoon

Put enough soup in a small greased casserole to cover the bottom.

Add layers of chicken, ham, onions, carrots, and asparagus (use half of each). Repeat using remaining half of meat and vegetables.

Pour remaining soup over the mixture.

Mix crumbs with fat; sprinkle crumbs over top of mixture.

Bake at 400° F. (hot oven) until mixture bubbles and crumbs are brown, about 45 minutes.

## Braised lamb shanks

2 servings

Lamb shanks .....	2
Flour, if desired .....	2 tablespoons
Salt .....	Few grains
Pepper .....	Few grains
Garlic salt, if desired .....	Few grains

Coat lamb shanks with flour, if desired. Add seasonings.

Place in baking pan; cover.

Bake at 325° F. (slow oven) until tender, about 3 hours. Add water, if needed, to keep the meat moistened.

NOTE: Lamb shanks may be cooked covered in a heavy frypan or dutch oven on top of the range.

### VARIATION

*Lamb shanks with creole sauce.*—Cook lamb shanks, as above.

Pour 3 tablespoons creole sauce over each lamb shank 15 minutes before end of cooking time.

### Creole Sauce

1 cup

Onion, chopped .....	1 tablespoon
Bacon drippings .....	1 tablespoon
Flour .....	1 1/2 teaspoon
Tomatoes, cooked .....	1 cup
Celery, chopped .....	1/4 cup
Green pepper, chopped .....	1/4 cup
Salt .....	Few grains
Pepper .....	Few grains

Brown onion in fat; stir in flour.

Add remaining ingredients and simmer until thickened, about 20 minutes.

NOTE: Sauce may be stored in refrigerator for a few days.

## Creamed dried beef

2 servings, 3/4 cup each

Milk .....	1/2 cup
White sauce mix (p. 15) .....	1 cup
Dried beef .....	3-ounce package

Stir milk into mix.

Cook and stir over low heat until thickened.

Add beef that has been torn in pieces; reheat.

Serve immediately.

NOTE: If a richer sauce is desired, add 2 tablespoons sour cream to creamed beef.

## Beef pot roast

*6 servings, about 4 ounces each*

Beef chuck roast, boneless .....	2 pounds
Carrot, whole .....	1 medium-size
Onion, whole .....	1 medium-size
Cooking sherry, if desired .....	¼ cup
Water .....	¼ cup
Salt .....	Few grains
Pepper .....	Few grains

Brown beef on both sides in heavy pans or dutch oven.

Add remaining ingredients, cover, and cook slowly on top of the range until tender, about 2½ to 3 hours.

Add more water if needed.

NOTE: Extra water may be used in place of the sherry.

## Baked ham-potato casserole

*2 servings, 1 cup each*

Potato, mashed .....	1 cup
Smoked ham, cooked, chopped .....	¾ cup
Onion, finely chopped .....	2 teaspoons
Butter or margarine .....	2 teaspoons
Cheese, shredded .....	¼ cup

Mix potato and ham.

Cook onion in the fat until onion is clear but not brown.

Add onion to potato mixture.

Place the mixture in a small casserole and top with cheese.

Bake at 375° F. (moderate oven) until top begins to brown and cheese is melted, about 25 minutes.

NOTE: Dehydrated mashed potatoes may be used. Prepare potatoes according to directions on package.

## Fillet sole with shrimp sauce

*2 servings*

Fillet of sole or other mild-flavored fish .....	½ pound
Lemon juice .....	1 tablespoon
Shrimp soup, frozen .....	½ of 10½- ounce can
Butter or margarine .....	1 tablespoon
Cornstarch .....	¼ teaspoon
Milk .....	1 teaspoon
Parsley, chopped .....	As desired

Place fillets in frypan with lemon juice; cover.

Cook over low heat for 15 minutes.

Slowly heat soup and fat in a heavy saucepan, stirring frequently.

Mix cornstarch with the milk; stir into soup and cook until thickened, about 5 minutes.

To serve, pour shrimp sauce over the fish and garnish with chopped parsley.

## Macaroni and cheese

*3 servings, about ¾ cup each*

Milk .....	¾ cup
White sauce mix (p. 15) .....	⅓ cup
Cheddar cheese, cut up .....	½ cup
Macaroni, cooked .....	1 cup
Dry mustard .....	⅛ teaspoon
Salt .....	⅛ teaspoon

Stir milk into mix.

Cook and stir over low heat until thickened.

Add cheese and stir until melted.

Mix in cooked macaroni and seasonings; reheat.

NOTE: Oven may be used. Pour macaroni and cheese into a small casserole and bake at 375° F. (moderate oven) until lightly browned, about 20 minutes.

## Chicken supreme

Bacon .....	3 slices
Chicken breasts, boned .....	3 medium-size
Cream of mushroom soup, condensed .....	½ of 10½- ounce can
Dairy sour cream .....	½ cup

Fry bacon to remove some of fat but do not brown. Drain.

Wrap a slice of bacon around each piece of chicken; fasten with toothpick.

Place chicken in casserole.

Stir soup into sour cream to blend; pour over chicken.

Bake at 300° F. (slow oven) until chicken is tender, about 2 to 2½ hours.

Remove toothpicks before serving.

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### *Suggestions For Using Leftovers*

#### **Bread, stale—**

Bread pudding

Cinnamon toast

Croutons (bread cubed and oven dried to golden brown) for soup, caesar salad

Dry crumbs

Fondue

French toast

Stuffings

#### **Grits, cooked—**

Croquettes

Fried

Meat loaf

Meat patties

#### **Macaroni, cooked—**

Goulash

Macaroni and cheese

Salads

Soups

#### **Meats, canned or cooked—**

Creamed dishes

Croquettes

Hash

Salad combinations

Sandwich fillings

Scrambled eggs or omelet

Stews

Stuffed onions or peppers

#### **Rice, cooked—**

Croquettes

Fritters

Hopping john (rice and kidney beans)

Meat loaf

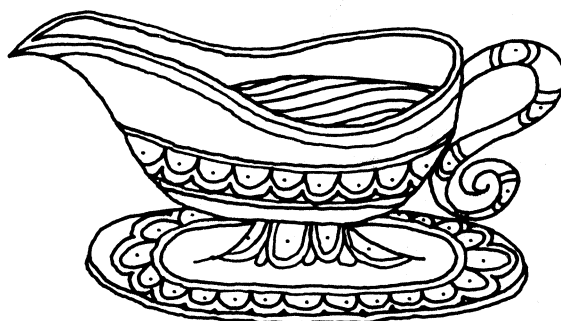
Pancakes

Puddings

Salads

Soups

## **Sauces**



### **Barbecue sauce for chicken**

*2/3 cup*

Brown sugar .....	1 tablespoon
Paprika .....	1½ teaspoons
Salt .....	½ teaspoon
Dry mustard .....	½ teaspoon
Chili powder .....	⅛ teaspoon
Worcestershire sauce .....	1 tablespoon
Tomato juice .....	½ cup
Catsup .....	2 tablespoons
Vinegar .....	2 tablespoons
Onion, chopped .....	¼ cup

Mix all ingredients.

Cook over low heat for 15 minutes.

Use ⅓ cup sauce for two servings of chicken. Leftover sauce can be stored in the refrigerator for several days.

### **Mock sour cream**

*1 cup*

Creamed cottage cheese .....	½ cup
Buttermilk .....	½ cup
Lemon juice .....	2 teaspoons

Beat cottage cheese in a blender or with a rotary beater.

Add buttermilk and juice and stir well.

Store in a covered container in refrigerator until ready to use. Mixture becomes slightly thicker on standing.

Mock sour cream made from this recipe may be used in recipes calling for dairy sour cream.

## White sauce mix

*1½ cups*

Flour .....	¼ cup
Salt .....	1 teaspoon
Instant nonfat dry milk .....	1 cup
Butter or margarine .....	¼ cup

Combine flour, salt, and dry milk; mix well.

Add fat, mixing only until crumbly.

Store in a covered container in refrigerator until ready to use.

## White sauce (using white sauce mix)

*1 cup*

Milk .....	1 cup
White sauce mix (above) .....	½ cup

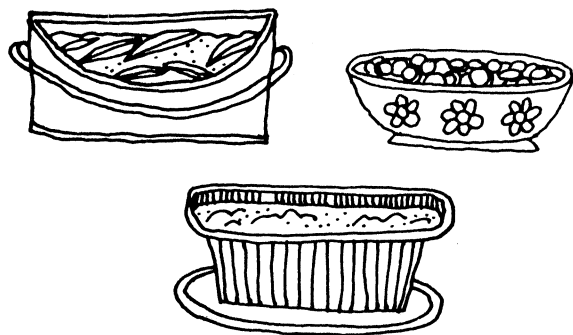
Stir milk into mix.

Cook over low heat stirring constantly until sauce is thickened.

## VARIATION

*Cheese sauce.*—Prepare white sauce, as above. Add 2 slices Cheddar cheese and heat, stirring until cheese melts.

## Vegetable Dishes



## Cauliflower casserole

*3 servings*

Cauliflower florets .....	½ small head
Salt .....	¼ teaspoon
Water .....	¼ cup
Cheese sauce .....	About ½ cup
Almonds, roasted, chopped .....	2 tablespoons
Onion rings, french fried, canned ...	4 rings
Parsley or paprika .....	As desired

Cook cauliflower in salted water until barely tender, about 10 minutes. Drain.

Place cauliflower in a small casserole; pour on cheese sauce (see notes below).

Top with nuts and onion rings.

Bake at 400° F. (hot oven) until cheese sauce bubbles, about 15 minutes.

Garnish with parsley or paprika.

NOTES: Frozen cauliflower may be used (about one-half of a 10-ounce package).

To make cheese sauce, use one-half of the white sauce recipe (this page) and add 1 slice Cheddar cheese.

## Beets in orange sauce

*2 servings, about ½ cup each*

Sugar .....	1 tablespoon
Salt .....	Few grains
Cornstarch .....	1 teaspoon
Orange juice .....	¼ cup
Lemon juice .....	2 teaspoons
Butter or margarine .....	1 teaspoon
Beets, cooked or canned,	
sliced or diced .....	¾ cup or 8-ounce can

Combine sugar, salt, and cornstarch; mix well.

Stir in orange juice.

Cook and stir until thickened.

Remove from heat.

Blend in lemon juice and fat.

Add beets and reheat.

## Carrot pennies

*2 servings, ½ cup each*

Carrots, sliced .....	1 cup (2 medium-size carrots)
Water .....	¼ cup
Butter or margarine .....	1 teaspoon
Brown sugar .....	1 teaspoon
Water .....	1 teaspoon
Salt .....	Few grains
Brandy or bourbon, if desired .....	1½ teaspoons

Cook carrots in ¼ cup water until tender, about 10 minutes.

Add remaining ingredients and mix lightly.

Cook for 3 minutes to blend flavors.

## Sweet 'n' sour green beans

2 servings, 1/2 cup each

Bacon, diced .....	1 slice
Onion, chopped .....	1/2 teaspoon
Vinegar .....	1 tablespoon
Water .....	1 tablespoon
Sugar .....	1/4 teaspoon
Green beans, canned .....	8-ounce can

Fry bacon until crisp; drain off excess fat.  
Add onion and cook until clear but not brown.

Add remaining ingredients; mix lightly.

Cook for 5 minutes to heat beans.

## Rutabaga strips

2 servings, about 3/4 cup each

Rutabaga, cut in 1/4-inch strips .....	1 1/2 cups
Butter or margarine .....	1 tablespoon
Water .....	1/2 cup
Chicken bouillon cube .....	1
Sugar .....	1 tablespoon

Combine all ingredients in a saucepan.

Cook covered until rutabaga is tender, about 15 minutes.

NOTE: Use 1/2 cup chicken broth instead of bouillon cube and water, if desired.

## Fried eggplant and tomato

3 servings

Eggplant .....	1/2 small
Flour .....	1/4 cup
Salt .....	1/2 teaspoon
Oregano, if desired .....	1/4 teaspoon
Tomato .....	1 small
Bacon drippings or other fat .....	2 tablespoons or as needed
Parsley, chopped .....	1/2 teaspoon

Cut ends from eggplant; cut eggplant into three slices. Remove peel.

Mix flour, salt, and oregano.

Dip eggplant slices into flour mixture.

Cut tomato into three slices.

Dip in flour mixture.

Place fat in frypan.

Lightly brown eggplant slices about 2 minutes on each side.

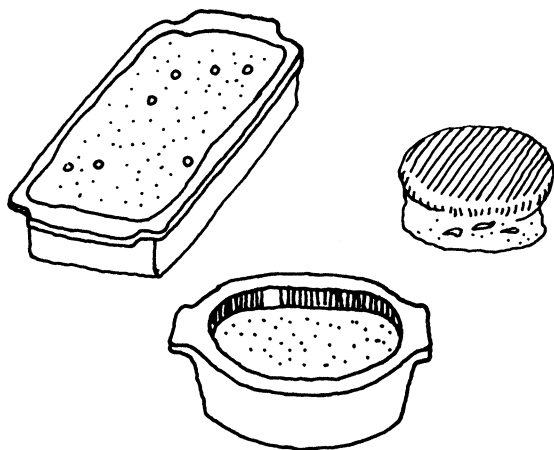
Fry tomato slices 1 minute on each side.

To serve, place tomato slices on eggplant and garnish with chopped parsley.

## Quick and Fancy Ways with Vegetables

Vegetable	How to serve
Carrots .....	Season with butter or margarine to which chopped chives have been added.
Celery, creamed .....	Add a few grains of curry powder to cream sauce.
Green beans .....	Season with a french dressing.
Lima beans (creole) .....	Add one-half of an 8-ounce can of stewed tomatoes to a drained 8-ounce can of lima beans. Season with bacon drippings.
Okra (creole) .....	Prepare like creole lima beans, above.
Peas .....	Add small pickled onions.
Potatoes, mashed .....	Add a little grated onion or onion salt.
Spinach, chopped .....	Season with lemon juice and top with sour cream.
Squash, Hubbard .....	Mash; add butter or margarine and 1 or 2 tablespoons of leftover canned crushed pineapple.

## Cereal and Breads



### Biscuit mix

*4½ cups*

Flour .....	3 cups
Baking powder .....	1½ tablespoons
Salt .....	1 teaspoon
Cream of tartar .....	¼ teaspoon
Shortening .....	⅔ cup

Mix dry ingredients well.

Mix in fat only until mixture is crumbly.

Store in covered container for future use.

### Drop biscuits (using biscuit mix)

*4 or 5 biscuits*

Biscuit mix (above) .....	1 cup
Milk .....	About ¼ cup

Stir enough milk into biscuit mix to make a soft, slightly sticky dough.

Drop by spoonfuls on a greased baking sheet, 1 inch apart for crusty biscuits.

Bake at 450° F. (very hot oven) until golden brown, about 15 minutes.

### Baked grits

*2 servings, about ⅔ cup each*

Milk .....	1¼ cups
Salt .....	¼ teaspoon
Pepper .....	Few grains
Butter or margarine .....	1 tablespoon
Grits .....	¼ cup

Heat milk; add seasonings and fat.

Gradually stir in the grits.

Cook until thickened, stirring constantly.

Remove grits from heat and beat well.

Place mixture in a small greased casserole.

Bake at 325° F. (slow oven) until lightly browned, about 45 minutes.

### Coffee cake (using biscuit mix)

*Coffee cake*

Biscuit mix (this page) .....	1 cup
Sugar .....	⅓ cup
Butter or margarine .....	2 tablespoons
Buttermilk .....	¼ cup
Egg .....	1
Vanilla .....	1 teaspoon

*Topping*

Butter or margarine .....	1 teaspoon
Brown sugar .....	¼ cup, packed
Cinnamon .....	⅛ teaspoon
Flour .....	1 teaspoon

Mix all ingredients for coffee cake by mixer at low speed or stir to mix ingredients. Beat well for 2 minutes.

Scrape down bowl and beat 2 minutes longer.

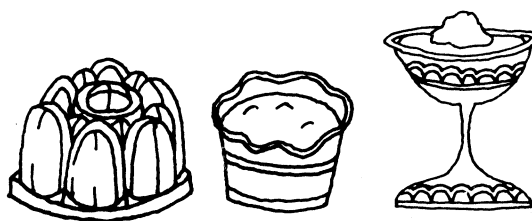
Pour batter into a greased pan.

Mix ingredients for topping until mixture is crumbly.

Sprinkle over batter.

Bake at 375° F. (moderate oven) 20 to 25 minutes until an inserted toothpick comes out clean.

## Desserts



Chocolate, caramel, or vanilla pudding  
(using pudding mix)

3 servings, about  $\frac{1}{2}$  cup each

Chocolate, caramel, or vanilla  
pudding mix (this page) .....  $\frac{2}{3}$  cup  
Milk, warm .....  $1\frac{1}{4}$  cups  
Butter or margarine ..... 1 tablespoon  
Vanilla .....  $\frac{1}{2}$  teaspoon  
Yellow food coloring for vanilla  
pudding, if desired ..... 2 drops

Stir pudding mix into the milk in a sauce-  
pan; cook and stir until thickened.

Cover and cook over low heat for 10 minutes  
longer.

Add the fat.

Remove from heat and stir in the vanilla.

NOTES: For variety, 2 tablespoons chopped  
nuts, coconut, one-half banana, or other fresh,  
dried, or drained canned fruit may be added to  
the pudding before cooling. Serve with a  
whipped topping, if desired.

Pudding may be used as a filling for eclairs,  
tarts, sponge squares, or graham cracker pie  
shell.

## Vanilla pudding mix

$4\frac{1}{2}$  cups

Sugar .....  $1\frac{1}{2}$  cups  
Instant nonfat dry milk .....  $2\frac{1}{2}$  cups  
Flour .....  $1\frac{1}{4}$  cups  
Salt ..... 1 teaspoon

Sift ingredients together three times.

Store in a tightly covered container in a cool  
place.

## VARIATIONS

*Caramel pudding mix.*—Use  $1\frac{1}{2}$  cups brown  
sugar in place of granulated sugar. Makes 5  
cups mix.

*Chocolate pudding mix.*—Add  $\frac{3}{4}$  cup un-  
sweetened cocoa to the vanilla mix. Makes 5  
cups mix.

## Orange fluff

3 servings,  $\frac{1}{2}$  cup each

Orange-flavored gelatin .....  $3\frac{1}{3}$  tablespoons  
Water, hot .....  $\frac{1}{4}$  cup  
Buttermilk .....  $\frac{1}{2}$  cup  
Orange juice ..... 2 tablespoons  
Lemon juice ..... 1 tablespoon  
Egg white, stiffly beaten ..... 1

Dissolve gelatin in hot water.

Add buttermilk and juices.

Chill until slightly thickened.

Fold egg white into gelatin mixture.

Pour into three custard cups or a mold. Chill  
until firm.

Remove from mold and serve with custard  
sauce.

NOTE: For this recipe, use only clean eggs  
with no cracks in shell.



# INDEX TO RECIPES

	Page		Page
Cereal and breads:		Macaroni and cheese.....	13
Biscuit mix .....	17	Meat loaf (all beef) .....	11
Coffee cake .....	17	Pork and turnips.....	11
Drop biscuits .....	17	Pork chops, barbecued.....	11
Grits, baked .....	17	Sauces:	
Desserts:		Barbecue sauce for chicken.....	14
Chocolate, caramel, or vanilla pud- ding .....	18	Cheese sauce .....	15
Vanilla pudding mix .....	18	Mock sour cream .....	14
Orange fluff .....	18	White sauce .....	15
Main dishes:		White sauce mix .....	15
Beef pot roast .....	13	Soup and chowder:	
Beef-rice scallop, baked .....	11	Fish chowder, New England .....	10
Chicken supreme .....	13	Spinach soup .....	10
Dried beef, creamed .....	12	Vegetable dishes:	
Fillet sole with shrimp sauce .....	13	Beets in orange sauce .....	15
Ham-potato casserole, baked.....	13	Carrot pennies .....	15
Ham logs, glazed .....	12	Cauliflower casserole .....	15
Ham-vegetable casserole .....	12	Eggplant and tomato, fried .....	16
Lamb shanks, braised .....	12	Green beans, sweet 'n' sour .....	16
Lamb shanks with creole sauce .....	12	Rutabaga strips .....	16

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